

April 2019

Impacting YOU

"Impacting You"
is a monthly report
used to communicate

University of Illinois Extension - Unit 26
programming impacts to stakeholders.

Dear Valued Stakeholder:

It is my pleasure to present this brief impact report of the programs and events offered to the residents of Franklin, Jackson, Perry, Randolph and Williamson Counties during this past month.

- Lynn Heins, Unit 26 County Extension Director

1,211

**Total Direct
Contacts**

(Excluding SNAP-ED)

38

**Total Number
of Programs &
Events**

SNAP-Ed

3,063

**Total Direct
Contacts**

174

**Total Number of
Programs & Events**

This federally funded Supplemental Nutrition Assistance Program (SNAP-Ed) is nutrition education provided for SNAP participants and other low-income individuals.

Cover Crop Research Conducted at Ewing Demonstration Center

A trial on clover cover crop varieties conducted by Local Foods/Small Farms Educator, Nathan Johanning, at our Ewing Demonstration Center was featured in a recent article through Morning Ag Clips. The trial gave a better understanding of how the industry standard variety, Dixie Crimson Clover, would perform against quality controlled varieties of clover. The research noted how plant breeding improvements have given the industry better alternatives.



Giving Back through Community Service Day

4-H participants learn by doing and that's exactly what Williamson County 4-H groups did during National Day of Community Service. They worked at the House of Hope Soup Kitchen in Herrin, IL where they cleaned, planted herbs and helped put in a new sub-floor. They had a great time working together as a team as they gave back to the community through their service.



Choosy Eaters Can Become Healthy Eaters, Too!



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Recently, SNAP-Ed Educators Toni Kay Wright and Staci Coussens presented at the 33rd National Child Nutrition Conference in Chicago. Their *Choosy Eaters Can Become Healthy Eaters, Too!* session was attended by nearly 150 child nutrition professionals. Knowing that only one in five children eat the recommended servings of fruits and vegetables each day, it's important that early child care providers gain an understanding of how to introduce new foods to children and offer opportunities for children to taste new foods. Throughout the session, Staci and Toni Kay shared strategies that can easily be used in preschool classrooms to encourage children to taste new foods and shape healthy eaters. The feedback received from the session was very positive and many attendees were looking forward to taking the resources back to their own programs and providing the training to their staff.